

Kingstowne Center for Active Adults

6488 Landsdowne Center Alexandria, VA 22315



www.fairfaxcounty.gov/ncs

Operating Hours: Monday - Friday 9 a.m. to 4 p.m.
Telephone: 703-339-7676

Schedule of events and activities are subject to change. Please call the facility directly for the most updated information.

March 2015

Programs			
Program	When	Time	Description
Open Gym	Mon.-Fri.	9 a.m.	
Internet Café	Mon.-Fri.	9 a.m.	
Zumba Gold One/Two	Tuesday/Wednesday	noon/1 p.m./9:15 a.m.	If you are looking for a fun exercise class, this one is for you. This is a high energy Latin inspired dance fitness class. Class fee.
Yoga	Tuesday/Thursday	9:15 a.m.	This class uses breathing techniques and principles of Hatha Yoga to move through standing and floor postures to improve circulation, flexibility, stamina, balance and coordination. Appropriate for individuals who can stand and get up and down from the floor easily. Class fee.
Conversational French club	Wednesday	10:30 a.m.	
Conversational Spanish Club	Wednesday	11:30 a.m.	
Beginner Line Dancing	Wednesday	12:30 p.m.	
Line Dancing with Paula	Monday	1:30 p.m.	
Intermediate Line Dancing	Friday	10:15 a.m.	Class fee
Jazzercise Lite	Monday	11:30 a.m.	This 45 minute class combines moderate aerobics with exercises designed to improve your strength, balance and flexibility.
Tai Chi/Qi Gong	Monday	12:30 p.m.	This class teaches QiGong and Chi Kung stretches and exercises. A traditional "Tai Chi Form" is also performed. Tai Chi is a non-impact form of exercise that improves the practitioner's flexibility, balance, stamina and has been shown to keep one's health issues under control.
Chair Jazzercise	Monday	10:30 a.m.	This is a 55 min. class combines moderate chair aerobics with exercises designed to improve your strength, balance and flexibility. The routines are mixed with seated and standing moves using chair for balance, if needed.
Healthy Heart	Tuesday/Thursday	9:10 a.m.	At the Franconia Moose Lodge. Is an hour long moderate to vigorous workout that incorporates a variety of aerobic moves to increase cardio-vascular fitness, increase muscular strength and endurance, and improve flexibility. Comfortable clothing, sturdy fitness shoes and water bottle are recommended.
KGB Gamers' Club	Thursdays	9 a.m.	
Scrabble Gamers Club	Thursday	2:30 p.m.	
Total body Workout	Monday	9:15 a.m.	Class fee.
Chair Yoga	Friday	11:15 a.m.	
Mahjong Club	Tuesday/Thursday-Friday	11:30 a.m./12:30 p.m.	Similar to the Western card game rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.
Integral Tai Chi	Tuesday	2 p.m.	
Integral Tai Chi at KCAA and KL	Thursday	10:30 a.m.	
Line Dancing Club	Monday	7 p.m.	
Mat Pilates Core & More	Friday	9:15 a.m.	Class fee.
Piano Lessons	Tuesday/Friday	2:30 p.m./2:15 p.m.	Class fee.
Sunshine Store Open	Friday	9 a.m.	All new or clean and in season garments are welcome as well as other household items in good condition.
Bingo	Friday	12:30 p.m.	Designed by the Arthritis foundation, it provides gentle exercise movements that will help overcome pain. Class fee.
Chair & Beyond-Zumba Gold	Wednesday	10:30 a.m.	Class fee.
Pilates	Saturday	9 a.m.	
Balance and Strength	Tuesday	10:30 a.m.	This class is designed to improve one's balance and muscle tone by combining traditional weight work with balance skills, such as standing on one leg, gait pattern variations, seated resist-a-ball exercises and center of gravity work included.
Walk off the Pounds	Mon./Tue. And Fri.	4 p.m.	
Health and Wellness class	Tuesday	2 p.m.	
Classes			
Class	When	Time	Description
Intermediate Spanish Class	Monday	11:30 a.m.	
Art Class	Monday	12:30 p.m.	At Kingstowne Library. Class fee.
iClassiPhone/iPad class	Tuesday	10 a.m.	Reservations required
Bridge Class	Friday	2:30 p.m.	
One on One Computer tutoring	Wednesday	10 a.m.	
ESL class	Wednesday	12:30 p.m.	Registration required.
Money Management Class	3/11, 18 and April 1	1:30 p.m.	Three week session will be held Wednesday. Must attend all classes. Reservation required
Caregiver's group	3/2/2015	2 p.m.	
FallProof series	Thursday	1 p.m.	
Ergonomic Series	Tuesday -3/3-3/31	12:30 p.m.	A four week Ergonomic Wellness sessions will start Tuesday, March 3 at 12:30 p.m. Each class will be about 35-45 minutes with a minimum of 15 minutes for questions afterwards. The topics to be covered are: 1) Ergonomics; 2) Understanding stress and health; 3) Sleep; and 4) Fundamental Nutrition. (RR)
Computer Clubhouse	Monday	1 p.m.	

Beginner Belly Dancing	Friday	2 p.m.	Class will be taught every Thursday starting on March 5 at 2:00 p.m. Use muscles you didn't know you had, and stretch in directions you don't normally go, strengthening, improving balance and having fun at the same time.
World Religions Class	Thursday	10:30 a.m.	Class will be taught once a week starting Thursday, March 5 at 10:30 a.m. This is an opportunity to expand your knowledge of the many religions practiced around the world. The more enlightened we become, the more we are able to understand our differences.
Kripalu Yoga	Wednesday	5 p.m.	You can explore a slow, guided, movement sequence to discover and increase your range of motion for shoulders, hips and back, with an emphasis on compassionate self awareness. Contact Sandy Reid at www.serenitynowwellness.net or call at 703-216-3701.
Moving and Grooving	Friday	2:30 p.m.	
Special Events/Trips			
Event/Trip	When	Time	Description
Arundel Mills mall	3/23/2015	10 a.m.	Trip with Maryland live!, Medieval Times and much more! Cost is \$ 20.
Woodlawn plantation	3/9/2015	10:15 a.m.	Trip to the Annual Nelly's Needlers display and lunch. Cost is \$21 per person for lunch plus \$1 for Fastran.
Root Beer and Pizza Party	3/17/2015	noon	Please sign up for this special lunch at the front desk. Regular lunches may also be ordered that day.
Piano registration opens	3/20, 24 and 31	9 a.m.	
WalMart	3/4/2015	10:15 a.m.	Trip of necessity.
Springfield Plaza	3/11/2015	10:15 a.m.	Trip of necessity.
Gunston Plaza	3/18/2015	10:15 a.m.	Trip of necessity.
Hibachi Grill	3/25/2015	10:15 a.m.	Trip.
History Club	3/12 and 3/26	12:30 p.m.	
Book Club	3/11/2015	2 p.m.	
Kingstowne Toasties	3/05 and 3/19	6:30 p.m.	
Game Night	3/20/2015	4 p.m.	This is a great opportunity for you to meet your fellow travelers and find a roommate for our overnight trips. Bring your favorite snack/dish and board or card game. Bid whisk and bridge players are welcome. If you have any questions, contact the Center on Thursdays and ask for Yvonne or email Yvonne.Staton@fairfaxcounty.gov .
Community Meetings			
Meeting	When	Time	Description
KAA meeting	3/11/2015	6 p.m.	